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CO 730 Advanced Issues in Cross-Cultural Counseling

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ADVANCED ISSUES IN CROSS-CULTURAL COUNSELING

CO 730

Instructor: Tapiwa N. Mucherera, Ph.D.
Office hours: by appointment
Pre-requisite: PC510 or CO601

Office: Stanger Hall 409
Semester: Spring 2002
Time: 6:15-9:00pm Thurs

I Course Description

The purpose of this course is to help students to develop a counseling ministry which will be sensitive and helpful to various cultural groups. Counseling, whether it be in the USA or overseas, requires a basic understanding not only of how various ethnic groups live life but also one's own possible stereotypes, which may hinder effectiveness in the counseling process. This course, is an attempt to integrate material scripturally, experientially, psychologically and theologically. In addition, the course will examine issues of racism, differences in religio-cultural values and world-views, verbal and non-verbal communication and other factors that effect the processes of counseling. Lectures, guest speakers, videos, role plays, group discussions and a cross-cultural inventory (books and articles) will be used to present techniques and approaches in working in a cross-cultural context.

II Course Objectives

- A. General: To develop or enhance (1) a knowledge and understanding of the major issues surrounding multi-cultural counseling, and
 - (2) enhance the ability of the counselor to be able to see beyond the presenting problem, build rapport, and counsel effectively those of a different ethnic background.
- B. Educational: (1) Develop a competence in understanding the historical, sociological, familial and societal influences placed upon each ethnic or minority group
 - (2) To understand the various theories concerning each ethnic group's attitudes towards society and counseling
 - (3) To gain an understanding of one's own possible prejudices or stereotypes towards certain ethnic populations and develop a plan in dealing with them and
 - (4) To develop a biblical framework for race relations which will in turn effect cross-cultural counseling.

III Performance Objectives:

- A Cognitively: (1) To articulate the different issues a counselor faces in forming a

therapeutic alliance with different clients of a different ethnic origin

(2) To explain the different approaches to bring about an effective counseling relationship with clients of a different ethnic background

(3) To identify the salient features of North American majority Caucasian culture and how it varies from those around it

(4) To understand the major subcultures within North American life

(5) To recognize the ramifications of poverty, urban life, and racism on emotional functioning

(6) To be able to apply effective counseling strategies with peoples from non-western worlds and,

(7) To self evaluate on personal knowledge about cross-cultural issues and then work on those areas that require change.

B Affectively: (1) To develop a greater appreciation for cultures that see the world in a different framework than I do

(2) To develop a greater appreciation concerning the struggles ethnic minorities face in living in North America

(3) To learn about other cultures outside of North America and celebrate our commonalities and differences and know we are all one in Christ

(4) To learn that Christ is not against culture but meets people within their culture and transforms them

IV Experiential: Students will seek to develop a relationship over the whole semester with someone from another culture (e.g. International students at Asbury college or Seminary. Another option is to choose your practicum setting if it is with a cross-cultural population). Partly, the experience of engaging in the cross-cultural experience is the one you will draw on in writing the first paper due at midterm.

V Course Assignments

A. Journal Articles: The student is to write a two page summary and reflection on TWO different articles and subjects concerning counseling cross-culturally. The article summaries and the book reflection are to be typed double spaced. (points for articles, **7.5 points per reflection = 15 points total**) **Due Feb 21 & March 14.**

A. Papers:
The student is to write two papers. The first is an 10 page paper.

1. Each person is to identify 2 persons or families from different cultural background with which the student is not familiar. The student should seek to be a learner, especially in regards to family structure and traditions which would impact the counseling process. The student=s paper is to integrate both the personal findings with the readings in class. The paper will compare and contrast the two cultures in terms of world-views, traditional religions, family systems, histories of oppression and the influence of Christianity. The 10 page paper will be the student=s integrated summary of this learning process. (Do not raise issues of how this would affect counseling in this paper; this is an in-depth study of the cultures (take an anthropological approach to this paper. The issues of application to counseling will be covered in the second paper) Opportunities will be given in class to share one=s findings. **20 points. The paper is due March 28th.** This paper is to be typed double spaced APA.

2. **Role Plays:** The class will be divided into groups of 3 or 4 depending on the size of the class. The particular groups will function as ethnic or ethnically mixed family units. Someone will play the role of counselor. Others in the role play will play members of the family unit and must show adequate knowledge from readings and interviews, of their awareness of the particular ethnic role they are playing. As a group you will have **30 minutes** to present on your ethnic or ethnically mixed family=s: history, oppression, family values systems, world-view, culture, religious beliefs influence of colonization and Christianity; **20 minutes for role play** and **20 minutes** for feedback. I expect you to practice outside of class at a time agreeable to the group. **The presentations and role plays 25 points**

The second is a research paper (18-20 pages) which focuses and addresses:

a). how counseling will vary (compare and contrast) with the two ethnic groups studied because of cultural variations and world-views. If the research paper is with groups from non-western context, one must give a brief historical background to how issues of the traditional culture of the group being studied, colonization and Christianity affect how one provides counseling today. From the North American context, one must address how racism and poverty continue to play a large part in counseling with ethnic minorities;

b). issues the counselor should be attuned to, such as stereotypes, prejudices, race relations, oppression, poverty, verbal/non-verbal communication in providing counseling with these particular ethnic groups chosen for the paper;

c). the question why North American Caucasian or Western theories and approaches are not always appropriate and relevant for ethnic minorities in counseling;

d). the paper covers the question how you integrate spirituality in counseling with the specific groups you studied; and (from a Biblical perspective) what mandates are there in providing counseling to those of different culture from our own.

e). Finally, summarize some of the things that you have discovered about yourself in terms of strengths and the areas of improvement you need to work on in your engaging in counseling cross-culturally.

30 points. The paper is May 16th, 2002.

VII Class participation attendance **10 points.**

Readings: *Required*

Fukuyama, M., & Sevig Todd D., Integrating Spirituality into Multicultural Counseling. London: Thousand Oaks, 1999.

Pedersen, Paul et al. Counseling Across Cultures. California: Sage Publications, 1996

Sue and Sue, Counseling the Culturally Different New York: John Wiley & Sons, 1990.

Mucherera, Tapiwa N. Pastoral Care From a Third World Perspective: A Pastoral Theology of Care from an Urban Contemporary Shona in Zimbabwe New York: Peter Lang, 2001

Recommended.

Augsburger, David, Pastoral Counseling Across Cultures Philadelphia: Westminster Press, 1986

Atkinson, D. R., Counseling American Minorities. Iowa: Wm. C. Brown Publishers, 1989.

Boyd-Franklin N., Black Families in Therapy: A multisystems approach. New York: The Guilford Press, 1989.

Ivey Allen, et al. Counseling & Psychotherapy: A multicultural perspective

Pederson Paul and Ivey Allen Culture-Centered Counseling & Interviewing Skills

Sue Wind Derald, Multicultural Counseling competencies: Individual & Organizational Development

van Beek, Aart M., Cross-cultural Counseling (Creative Pastoral Care and Counseling series), Minneapolis: Fortress Press, 1996.

Watkins-Ali Carroll. Survival and Liberation Kansas: Chalice Press, 1999.

Further Readings

Lartey E, The Church and Healing: Echos from Africa. New York: Peter Lang, 1994

Moyo Ambrose, Zimbabwe: The risk of Incarnation (Gospel and Cultures pamphlets) Geneva: World Council of Churches, 1996.

Wicks R, Pastoral Counseling in the Global Church: Voices from the field. New York: Orbis Books Maryknoll, 1993.

Journals:

The following journals contain articles that address cross-cultural issues in counseling and will be useful for finding articles for assignment A. Most of the articles are accessible through (EBSCO CD-ROM) on the Asbury Theological Seminary library computers.

Adolescence

Counseling and Values

Counseling Psychology

Counselling Psychology Quarterly

Cross Currents

Family Journal

Family Relations

Interpretation: A Journal of Bible and Theology

Journal of American Indian Education

Journal of Black Psychology

Journal of Counseling and Development

Journal of Counseling Psychology

Journal of Cross-cultural Psychology

Journal of Marital and Family Therapy

Journal of Mental Health Counseling

Journal of Multicultural Counseling and Development

Journal of Multicultural Social work

Multicultural Teaching

Pastoral Psychology

Women and Therapy

Class Schedule

Week 1

Feb 14

Introduction to Advanced issues

Counseling Skills - Role play/ Video

Basic issues in cross-cultural counseling

Read Counseling the culturally different Chapter 2

Counseling Across Cultures Introduction vii-xvii

Week 2

Feb 21

Barriers to Effective Multicultural Counseling

Read Counseling the Culturally Different Chapters 3 & 4

Week 3

Feb 28

Cross-cultural Family Counseling and Therapy

Read Counseling the Culturally Different Chapters 5

Week 4

March 7

Racial and Identity development

Read Counseling the Culturally Different Chapter 6

Week 5

March 14

White Racial Identity Development

Read Counseling the Culturally Different Chapter 7

Week 6

March 21

Values & Ethics

Read Counseling the Culturally Different Chapter 8
Counseling Across Cultures Chapter 3

Week 7

March 28

Non-Western and Indigenous Methods of healing

Read Mucherera Pastoral Care from a Third World Perspective. Chapter 5-6

Also Counseling the Culturally Different (CCD) Chapter 9

Week 8

Reading Week April 1-5

Week 9

April 11

Counseling in Africa

(*Role play* - Read Mucherera Pastoral Care from a Third World Perspective. Chapter 1-4

Week 10

April 18

Counseling Asian-Americans

(*Role play* - Read Sue & Sue (CCD) Chapter 12)
Also Counseling Across Cultures Chapter 6

Week 11

April 25

Counseling in Latin America

(The readings for this week are all on reserve)

(Role play - Read Wicks & Estadt: Pastoral Counseling in a Global Church (pp. 3 - 27)

Also Counseling American Minorities pp. 255-267

Week 12

May 2

Counseling African-Americans

(Role play - Read Sue & Sue (CCD) *Chapter 11*

Week 13

May 9

Counseling American Indians and Alaskan Natives

Role Play- Read Sue & Sue (CCD) *Chapter 13.*

Also Counseling Across Cultures Chapter 8

Week 14

May 16

Counseling Hispanic Americans

Read Sue & Sue (CCD) *Chapter 14*

Week 15

May 21- 23 B Finals Week